

# Attachment #2

# ***Belmont Fire Department***

*“Our Family, Helping Your Family”*

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Date: August 11, 2025

To: All Belmont Personnel

Re: NFPA Physicals

Our department’s Physical Fitness Testing has changed from North Greenville Fitness Cardiac & Fitness to SiteMed.

Several changes that will be out of the ordinary for those of us who have tested for many years. This will be a two-phase test as before, however Phase I, (Fasting Blood Draw) will be on November 12, 2025. This will be scheduled from 6:00 am to 9:00 am. Phase II, (Physical Fitness part of the Test.) will be held on December 1, 2025. This will be scheduled from 13:00- 19:00.

With change, comes new and exciting things. A few of these changes will be strength and flexibility testing, and Chest X-Rays.

Thanks For All That You Do!

*Anthony C. Segars*  
Chief Anthony C. Segars